



First Name		Last Name	
Address			
City		State	Zip

**I am registering for the:**

- 5K JAM race \$25
- 1 mile FAM walk \$15
- 1 mile FAM walk family: 2 members at full price and then \$10 each member  
*(family members have to live in the same household for this discount)*
  - 3 members \$40
  - 4 members \$50
  - 5 members \$60
  - 6+ members \$70

T-shirt Sizes:
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- Phantom walker/runner \$20  
*(Phantom walker/runner wants to support the FAM JAM but not walk/run. A registered phantom walker/runner does NOT participate, but will receive a shirt.)*

**My t-shirt size is:**

- YOUTH:**  Small  Medium  Large
- ADULT:**  Small  Medium  Large  X-Large

**T-shirt will be given to all who register before March 14th, and as supplies last after.**

**Release and waiver (please read before signing):**

I know that walking/running is a potentially hazardous activity. I should not enter and walk/run in the FAM JAM unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including but not limited to falls, contact with other participants or volunteers, the effects of the weather and course conditions, all such risks being known and appreciated by me. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the sponsors and contributors to this event, any race officials, volunteers, the city and police agencies, their representatives, successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. This release form and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known and unknown. I understand that NO PETS are allowed on the course. **PHOTOGRAPHIC RELEASE: The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose.**

Signature	Date
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